

"Happiness is the richest thing we will ever own." – Donald Duck

Introduction

The Happiness Career Project program is an 8-week program intersecting themes of holistic professional growth, emotional resilience building, self acceptance and cognitive behavioral therapy.

Participation in this program leads to career identity development while nurturing wellbeing and fulfillment in life and work through the creation of "happiness". It is examined through the magic of Disney and its unique approach to manufacturing happiness, honoring the complexities of the human experience through brilliant and emotionally intelligent storytelling and its unmatched management philosophy that creates magical experiences and "happiness" for guests.

Learn step-by-step how to realize professional fulfillment and learn the skills that lead to wellbeing and happiness. The results of this programs foster self compassion, self-acceptance, resilience, confidence, relevance, creativity, passion and growth.

The happiness project is an experiential learning program based on the assumption that when students and young professionals are mentally healthy, they have full access to their gifts and strengths, and resultantly, the confidence and courage that is needed to pursue healthy lives and professional success.

"Whatever you do... do it well!" How Disney's Core Values Promote Professional Success and Resilience

Disney's primary purpose is simple: Create happiness for all guests by creating emotional connections that make them feel important, special and prioritized.

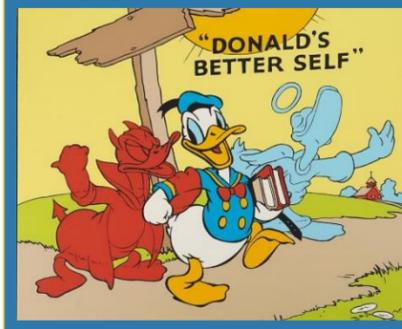
Disney's Core Values are:

1. Optimism
2. Innovation
3. Decency
4. Quality
5. Community
6. Storytelling

Corresponding takeaways:

- Take every opportunity to delight your customer
- Create emotional connections
- Constantly seek feedback
- Be digitally forward to best serve customers
- Have masterful personalization
- Be knowledgeable and go above and beyond to service your customer
- No problem for your customer is trivial
- Every problem is treated as critical and immediate steps are taken to solve it
- Every cast member is empowered to fix problems sans red tape and to use their influence to offer a solution
- Everyone understands the priorities
- Management is always engaged
- Everyone is responsible and empowered to deliver on the mission
- Every detail is accounted for
- The real sale begins after the sale

*Adapted from marker.medium.com



The Happiness Career Project – Where Mental Health, Resilience & Career Development Model The Themes, Lessons and Values of Disney

Disney's Recipe for Making Dreams Come True

The Four C's: Curiosity, Confidence, Courage, and Constasy

Module 1	Who Am I? Access your essence & vitality with self compassion and self acceptance.	One's "professional identity" extends but is not defined from our self concept	"Acknowledging and correcting unhealthy thoughts" – Donald's Better Self
Module 2	You are enough! Building mental toughness, quiet your inner critic, tackle limiting beliefs and overcome fear and self doubt	Cognitive restructuring and NVC; share feelings & needs, replace irrational thinking	"Everyone falls down. Getting back up is how you learn to walk." -- Walt Disney
Module 3	Dare to be remarkable; living your unique mission and impact driven career	"Through search for meaning we can endure struggle" -- Viktor Frankel	"Perhaps the greatest risk any of us will ever take is to be seen as we really are" -- Cinderella
Module 4	The Power of Connection & Community: Enrich your life & authentic self with Lifestyle Mapping	Positive psychology; using signature strengths in search of something larger than yourself	"Dream, believe, dare, do" -- Walt Disney
Module 5	Clarify your ideal career from the inside out with insight from the demands of the Marketplace	Career assessments: MBTI, Holland, Super	"You must not let anyone define your limits because of where you come from. Your only limit is your soul." -- Ratatouille
Module 6	Become It! Use Professional Mapping to build your network, your courage, competence, and confidence	Seligman; gifts of positive emotions, growth mindset, CBT	"Believe in your goal all the way" -- Walt Disney
Module 7	Convey your value and impact through the lens of skills and accomplishments	Donald Super; realization of self concept.	"Do what you do so well that they will want to see it again and bring friends" -- Walt Disney
Module 8	Tap into your creativity to unveil your imagination and to access your innovative spirit	Need to use all three: creative imagination, practical action and critical refinement	"Creativity as a total process involves the coordination of three processes: dreamer, realist and critic." -- Walt Disney

The Happiness Career Project is a multi-disciplinary theoretical construct incorporating contributions from:

- Humanistic Counseling – Carl Rogers
- Non-Violent Communication – Marshall Rosenberg
- Rational Emotive Behavioral Therapy – Albert Ellis
- Logotherapy – Pursuit of Meaning - Viktor Frankel
 - Cognitive Behavioral Therapy – Aaron Beck
- Jungian Psychology – Katharine Briggs and Isabel Meyers Briggs
 - Career Development Theories – Donald Super, Holland
 - Positive Psychology – Martin Seligman
 - Psychology of Success – Carol Dweck
 - Connection – Edward Hallowell
- Imagineer, Entrepreneur and Legend – Walt Disney

What Disney's Inside Out Teaches us About Happiness

Happiness is "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile." While positive emotions such as joy are certainly part of the recipe for happiness, they are importantly not the whole story.

What creates a happy life?

1. **Happiness is not just about joy**; feeling a full range of varied emotions elicits more detailed information about a situation, leading to better behavioral choices
2. **Don't try to force happiness**; "Evo diversity" and prioritizing positivity. "Acting as if" or carving out time in life for experiences we enjoy while not avoiding or denying negative emotions
3. **Sadness is vital to our wellbeing**; it promotes empathy rather than forcing a positive spin on everything inauthentically
4. **Mindfully embrace**—rather than suppress—tough emotions. Learn how to process anger and fear to provide insight as to how we connect with others, avoid danger or recover from loss.

Mindfully embracing emotions by observing an emotion without judging it as the right or wrong way to feel in a situation, creating space to choose a healthy response.

*Adapted from greatergood.berkeley.edu

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